

Wyoming Becoming an Outdoors-Woman

June 17-19, 2022



Whiskey Mountain Conservation Camp Dubois, Wyoming

The Wyoming Game and Fish Department invites you to attend the 2022 Wyoming Becoming an Outdoors-Woman (B.O.W.) Workshop. Learn the basics of canoeing, archery, fly-tying, shooting skills, backpacking, outdoor photography and much more. For women at least 18 years old. All skill levels welcome.

BECOMING AN OUTDOORS-WOMAN



Wyoming Becoming an Outdoors-Woman



The Wyoming Becoming an Outdoors-Woman workshop is for women 18 years and older interested in learning outdoor skills — skills usually associated with hunting and fishing. All classes are taught at the entry level in a safe, non-intimidating, outdoor setting.

Camp

The Whiskey Mountain Conservation Camp is located southeast of Dubois, Wyoming. This area is home to the world's largest Rocky Mountain bighorn sheep population. The cabins are approximately one mile from the wilderness boundary and are within easy view of the high-glacial peaks. Torrey Creek runs within a stone's throw of the two- to six-person cabins and offers trout fishing opportunities. Access to the Camp is 7 miles off of Highway 26-287 on a graded dirt road. Passenger vehicles with average clearance can access the camp with no problems.

Lodging

Cabins are rustic. Beds are comfy cots but linens, blankets and pillows are not provided. Please plan to bring a sleeping bag and pillow or other bedding items. Each cabin has running water and indoor toilet facilities as well as a shower.

Registration/Application

Workshop fee is \$150, which includes meals and lodging from lunch, June 17 through lunch, June 19. Applications must be postmarked by April 1, 2022 and must include payment and medical/liability form. E-mails and faxes will not be accepted. Checks will be held until after the draw and will be returned to unsuccessful applicants. Participation is limited to about 40 women. Participants will be selected by a random draw process. All applicants will be notified by email of draw status no later than April 27, 2022.

Hunter Education, Shooting Classes

If you wish to take a shooting class — shotgun, rifle or handgun marksmanship — you must either take the Introduction to Firearms class, or have completed a hunter education class prior. All shooting class participants must provide proof of passing a Hunter Education class, OR arrive between 7 and 9 p.m. Thursday night, with an Internet Field Day entrance voucher in hand. Dinner will not be provided but Friday morning breakfast will. Both online and traditional Hunter Education in-person classes are offered throughout the United States. If you choose the online option, complete the online portion (go to <https://www.hunter-ed.com/wyoming/>) prior to arriving at Camp, and then finish the class Friday morning. You must take the Wyoming

online course. All participants are welcome to participate in the internet completion course, regardless of classes requested. There is an additional cost of \$20.

Cancellation Deadline

Registrants who cancel before May 20 will receive a full refund; cancellations after May 20 will be forfeited, no exceptions.

COVID-19 Guidelines

All participants must be willing to follow COVID-19 guidelines recommended by the CDC, state and local governments such as wearing masks, practicing social distancing and other recommendations provided in guidelines emailed to all participants 2 weeks prior to camp.

Workshop Schedule

Participants will sign up for and attend one class each session.

Friday, June 17

10:00 a.m. - 11:30 a.m. Check in and registration
12:00 noon - 1:00 p.m. Lunch and orientation
1:15 p.m. - 5:00 p.m. Session 1
6:00 p.m. - 7:00 p.m. Dinner
7:00 p.m. - Evening program

Saturday, June 18

7:00 a.m. - 8:00 a.m. Breakfast
8:15 a.m. - 12:00 noon Session 2
12:00 noon - 1:00 p.m. Lunch
1:15 p.m. - 5:00 p.m. Session 3
6:00 p.m. - 7:00 p.m. Dinner
7:00 p.m. - Evening program

Sunday, June 19

7:00 a.m. - 8:00 a.m. Breakfast
8:15 a.m. - 12:00 noon Session 4
12:00 noon - 1:00 p.m. Lunch and goodbyes

Optional Hunter Education Internet Completion Course

Thursday, June 16

Arrive between 7:00 p.m. and 9:00 p.m.

Friday, June 17

7:00 a.m. Breakfast
8:00 a.m. - noon Class

Class descriptions



All classes include classroom instruction and time in the field to practice skills and technique. Equipment for all classes is provided by the Wyoming Game and Fish Department. Some classes have limited space. Participants are welcome to bring their own equipment, such as firearms, bows or fishing rods; please contact Kathryn Boswell at 307-777-3412 if you wish to do so. Personal firearms and ammunition must be unloaded, cased, and secured when not in use during class.

Archery Marksmanship

Whether it's an adventure in the woods pursuing wild game or enjoying the skill of tournament shooting, you'll learn why archery is one of the fastest growing sports in the United States. Learn about the evolution of archery, equipment and technique. Try different types of equipment such as the longbow and compound bow. Improve your accuracy with standard bulls-eye targets, or simulate time in the field with 3-D targets.



Backpacking

If you've been considering going on a backpacking trip or want to learn about outdoor adventures with your home on your back, this is the class to help get you started. Learn how to plan, prepare and enjoy the perfect backpacking trip. Learn about selecting a quality backpack, tent, sleeping bag, stove and other equipment. Discuss how to best enjoy your experience, including staying dry, keeping warm and being safe. Our instructor will make sure you're prepared with tips and checklists for your next outing. While you won't be doing any backpacking during the course, you will have a chance to try equipment and clothing. You'll practice fitting, packing and carrying packs, setting up a tent and time permitting, cooking a meal on a backpacking stove. Whether you just want to head out for the day, or are planning an overnight expedition, you'll leave this class ready and able to hit the trail!

Basic Fly-Fishing

Fly-fishing can look intimidating, but with a few basic skills and a little bit of knowledge, you'll be ready to cast your line in no time. You will start at the beginning, becoming familiar with different kinds of equipment (rods, reels and lines) and learn how to tie knots. Then, learn basic casting techniques, what flies to use and how to read the water to find preferred fish habitat. Finally, it's off to Torrey Creek to try your newly acquired skills on the fish. This class will involve actual fishing. A current Wyoming fishing license is required for all class participants. In event of inclement weather we will work more in-depth on skills indoors.

Canoeing

Torrey Creek runs through camp and is glacial fed. It's guaranteed to take your breath away, whether you fall in or not. But canoeing is so much fun that it's worth the risk of getting wet. First, you'll receive instruction on canoe construction, basic strokes and safety from the comfort of shore. Then, it's down to the lake to learn to steer your craft and practice your technique. Finally, you'll contend with the current as you and your partner navigate around natural obstacles as you float Torrey Creek. Learn to avoid boulders and sandbars, enjoy the scenery and maybe even see some wildlife on your journey.

Dutch-Oven Cooking

Food always tastes best in the outdoors. Prepare all your favorite meals on the campfire in Dutch-ovens. This class will involve cooking, and of course, tasting. Learn about cast iron care, seasoning and clean up. Try half a dozen recipes to include wild game, with suggestions from experienced campfire chefs. Cook with wood coals or charcoal and learn to judge the heat with proven formulas. Be prepared to roll your sleeves up and play with fire.

Fly-Tying

Tie the flies that Wyoming fish can't resist. Get acquainted with the equipment, tools, materials and various hooks needed to lure trout from their hiding places. Get a list of resource materials to further your interest and knowledge in tying. Participants will leave this class with a pile of hand-tied flies for use at camp or in home waters.

Geocaching

Did you dream of exploring the world and finding hidden treasure as a kid? Then you might be interested in geocaching, a grown up version of hunting for treasure using GPS technology. What does GPS stand for? You will find out, plus a whole lot more in this class. Learn the basics of using a GPS unit and how the geocaching game works. Refine your new skills as you traverse camp on a scavenger hunt, and finally put that knowledge to use as you hunt for your first cache. Designed for newbies, this introductory class is a fun way to learn a new skill you can easily take home and share with your friends and family.



Horsepacking

Packing the backcountry on your horse is a very rewarding experience if it's done right. Learn to tie the knots, balance the load and what types of equipment you will need. Gain an awareness for low impact use, how to tie your horses to a snub line or hobble in the meadow. Horses and equipment will be provided. This is not a riding class but students will pack animals, making ready for the trail. Learn from backcountry horsewomen who care about doing it right and protecting our trails and habitat.

Intermediate Fly-Fishing

If you already have basic fly-fishing experience and knowledge, this class is for you! Review the basics of casting techniques, knots and reading the water. Then jump into intermediate information like roll casts and wading techniques before heading to the wily waters to chase the elusive trout! Work on your new techniques on the water with your instructor for real-time help and coaching. This class will involve actual fishing. A current Wyoming fishing license will be required. In event of inclement weather we will work more in-depth on skills indoors.

Introduction to Firearms

Eliminate your fear or intimidation of firearms with this introductory class. First, learn proper handling and safety of firearms. Then, move on to learning more about different types of firearms, ammunition and their role in hunting. You'll have an opportunity to handle the major action types of rifles, handguns and shotguns, and practice loading and unloading firearms safely. This class does not include live fire shooting.

This class is a prerequisite for all firearms classes, unless you've completed a hunter education course.

Introduction to Rifle Marksmanship

Get on target with your rifle marksmanship with instruction in sight picture, breath control and trigger squeeze. Learn about range safety and shooting positions. Step onto our range to try different firearms, action types and calibers of rifles. Start with .22s and move up to larger caliber hunting rifles, scoped and iron sights as you test your accuracy on paper targets. Participants must have completed Introduction to Firearms or have completed a hunter education class to participate in this class.

Introduction to Shotgun Marksmanship

Pull!! You'll be breaking flying clay targets and begging for more shells before this class is over. Learn to keep your head down and follow through and it's guaranteed you'll powder targets. Try different shotguns, gauges and action types as you receive one-on-one instruction on the range. Shotguns and ammunition in 12 and 20 gauge will be provided. Participants must have completed Introduction to Firearms or have completed a hunter education class to participate in this class.

Introduction to Handgun Marksmanship

Here's an opportunity to try handling and shooting handguns and ask questions about handguns. Learn about different action types, calibers, shooting techniques and safety. You'll also receive instruction on proper storage and cleaning, concealed carry laws and home protection concerns. Finally, practice your stance, technique and accuracy on the firing range. Participants must have completed Introduction to Firearms or have completed a hunter education class to participate in this class.

Large Carnivore Awareness

Recreating in areas of Wyoming occupied by bears, lions and wolves can be intimidating. With the proper knowledge about large carnivores and preparedness however, you can still enjoy the outdoor activities you love. Learn about large carnivore distribution and behavior, what to do in an encounter situation, and techniques used to avoid conflicts, including track and scat identification.

Outdoor Photography

Nothing beats being in the outdoors, and capturing photographs can help spark your imagination and take you back to that special time in the wild. Learn basic tips to improve your photography overnight. Start by learning about lighting, composition and subject matter which applies to your camera, even your phone! Then, take to the outdoors to practice your new techniques. Finally, gather with classmates once again to casually review



your improved photos and discuss other basic photo processing tips to finish that spectacular shot. Participants are encouraged to bring their own cameras and phone cameras are perfectly fine if that is what you use!

Outdoor Survival

Take a lesson from the scouts and be prepared when enjoying the outdoors. A little knowledge and skill will go a long way in making a scary situation better if you ever find yourself in an emergency situation in the outdoors. Learn about starting a fire, finding shelter, collecting and purifying water. Get ideas and checklists for a well-stocked pack and emergency survival kit. Practice basic survival skills like building a makeshift shelter or how to signal rescuers. You'll soon know why precaution and preparation could prove to be the key ingredients to surviving a life-threatening situation in the outdoors.

Map and Compass

Technology can help you find your way in the wilderness, but those same devices can break, get lost or fail. Basic map and compass skills are essential for anyone who spends time outdoors. You'll receive clear, concise instructions for using a map and compass effectively and complete exercises to help you learn and practice your navigating skills. By the end of class, you'll have walked an orienteering course across camp with the use of your compass and readings, and feel more comfortable navigating the wilderness.

Prehistoric Living Technology

If you look at Wyoming's wide-open spaces and wonder how people have lived there for 13,000 years, you'll love this class. Learn about weaponry (and try your hand at an atlatl), animal processing technologies, cooking, plant use and Native Americans arts and industries. Class will start indoors and then spend the rest of the session walking the hillsides for learning opportunities.



Wildlife Viewing and Backyard Habitat

Turn off the television and tune into the wildlife around you! Learn to read the landscape around you for signs of wildlife. Try different tools for wildlife viewing like binoculars and spotting scopes. Learn about tracks and signs to know what wildlife awaits you ahead. Build a birdhouse and learn ways of landscaping that will draw wildlife to your backyard. This is the perfect class for hikers, campers, birders, avid hunters or any woman who enjoys wildlife and treasures her encounters with the natural world.





Application Form

One person per application form

Name _____

Address _____

City _____

State _____

Zip code _____

Telephone number (Day) _____

(Evening) _____

Email _____

Have you ever attended BOW? ☐ Yes ☐ No If yes, where? _____ When? _____

A T-shirt is included in the registration packet. Please indicate T-shirt size **and** style:

STYLE

- ☐ Long sleeve - unisex
☐ Short sleeve - unisex
☐ Short sleeve - women's cut

SIZE

- ☐ Extra Small
☐ Small
☐ Medium
☐ Large
☐ X-Large
☐ XX-Large
☐ XXX-Large (short sleeve only)

Workshop fee: \$150. Fee includes instruction in all sessions, program materials, use of equipment, meals, and lodging. Applications must be postmarked by April 1, 2022. Registrants canceling before May 20 will receive a full refund; cancellations after May 20 will be forfeited, no exceptions.

We will accept party applications of no larger than four; all applications must be mailed in the same envelope. Space is limited to about 40 participants. Selection of participants will be by random draw. All applicants will be notified by email of draw results no later than April 25, 2022, and a packing list will follow.

Complete and send registration and medical/liability forms, along with your check payable to:

Wyoming Game and Fish Department
 Becoming an Outdoors-Woman
 5400 Bishop Blvd
 Cheyenne, WY 82006

For more information, contact:

Wyoming Game and Fish Department,
 BOW Coordinator, Kathryn Boswell at
 (307) 777-3412 or kathryn.boswell@wyo.gov.

Photo Release

I understand that photographs may be taken during the sessions and I agree that photos of, or including me may be used in future support of the Becoming an Outdoors-Woman Program.

Signature _____ Date _____

Of the 19 offered classes, you will participate in four throughout the weekend, one for each session. **Please follow the instructions in the box below to indicate your preferred classes.** Every attempt will be made to place you in your first choice classes, however, most classes are only offered once during the weekend. **(Please see the attachment for class descriptions.)**

Are you comfortable sharing a cabin (cots will be at least 6 feet apart) with another participant(s)? ☐ yes ☐ no

Would you like or prefer to bring a hard-sided trailer to sleep in with you? Bathroom facilities are available. ☐ yes

* You must take Introduction to Firearms or have completed a hunter education class prior to taking a shooting class. You must provide a hunter education card to waive Introduction to Firearms.

State course was taken in: _____

Card # _____

☐ I will arrive Thursday evening and take the Internet Complete Course Friday morning.

Classes	Please indicate your top four (4) choices (Check four (4))	Please indicate your next four (4) choices (Check four (4))	Please indicate your last four (4) choices (Check four (4))
<i>-Do not check a class more than once throughout all the columns-</i>			
Introduction to Archery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basic Fly-Fishing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dutch-Oven Cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fly-Tying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Geo caching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horsepacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate Fly-Fishing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Introduction to Firearms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* Introduction to Rifle Marksmanship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* Introduction to Shotgun Marksmanship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* Introduction to Handgun Marksmanship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Large carnivore awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Map and Compass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Photography	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor Survival	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prehistoric Living Technology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wildlife Viewing and Backyard Habitat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Becoming an Outdoors-Woman Program, Wyoming Release of Liability and Medical Consent Agreement

* All participants must sign this release to participate in the Becoming an Outdoors-Woman Program. *

I _____ (print first/last name) voluntarily enter this Agreement and Medical Consent Agreement (Agreement) to hold harmless, release and waive all claims against the Becoming an Outdoors Woman Program (B.O.W.), the State of Wyoming, the Wyoming Game and Fish Department and its Commission, and its officers, agents, employees, and volunteers (Released Parties) from any and all liability or cause of action arising out of any personal injury or death, loss of property, and any other loss, damage, or expense of any kind arising out of my participation in, or associated with, any involvement or activity related to B.O.W.

This Agreement is effective upon my signature and acceptance to B.O.W. for the current calendar year (2022). The term of this release begins the first day of participation in B.O.W. and ends on the last day of participation, involvement or enrollment in B.O.W.

Participant Acknowledgment.

I hereby certify that I am at least 18 years of age (or will be prior to June 17, 2022) and that I am in good health. I have not been diagnosed, nor do I have any health issues that preclude me from participation in B.O.W. I know and understand the fitness level required to participate in B.O.W. and maintain the health and fitness level necessary to fully and safely participate in B.O.W. I further understand and agree to abide by all rules of safety or conduct prescribed for B.O.W. participants and guests of the Whiskey Mountain Conservation Camp, located in Dubois, Wyoming. I also acknowledge and accept that any violations of B.O.W. or Camp rules may result in a denial of privileges, forfeiture of all fees paid, and/or immediate removal from Camp property.

Emergency Medical Care Authorization.

I consent to receive first aid and any other emergency medical treatment in the event of an injury or illness incurred during my participation in B.O.W. I also give permission for the Released Parties to seek emergency medical services for me, should I become injured or ill during my participation in B.O.W. I give my permission to receive medical assistance, with the full and complete understanding that **I am responsible for all and any medical expenses incurred and the Released Parties do not provide any medical insurance coverage to me.**

Participant Assumption of Risk and Liability Waiver.

I understand that B.O.W. is an outdoor education program that exposes participants to and facilitates building skills in outdoor activities that include, but are not limited to, hunting, fishing, outdoor recreation, and water craft. I understand and agree that there are inherent risks of physical injury, illness, or death associated with my participation in B.O.W. I further recognize that loss or damage to my own property may occur and that said damage is neither the responsibility of nor a liability incurred by B.O.W. I further acknowledge and accept the inherent risks of my enrollment and/or participation in B.O.W., and all sporting or recreational opportunities facilitated by B.O.W., pursuant to Wyo. Stat. Ann. §§ 1-1-121 to -123.

Becoming an Outdoors-Woman Program, Wyoming Release of Liability and Medical Consent Agreement (Continued)

I understand and agree to assume the full risk and any harm, including but not limited to, any personal injury, illness, death, or property damage or loss, resulting from or associated with my participation in B.O.W. I also acknowledge and accept that the Released Parties are neither responsible nor liable for any harm resulting from or in association with my participation in B.O.W., regardless of fault. **I hereby waive and relinquish any and all claims for personal injury, illness, death, or any damage or loss of property, and any other harm or expense of any kind that I, my insurer, or my estate may have or which may accrue to me on account of my participation in B.O.W.**

Governmental Immunity.

I acknowledged that by entering into this Agreement, the State of Wyoming reserves sovereign immunity and the Wyoming Game and Fish Department, its Commission and B.O.W., each expressly reserve governmental immunity, pursuant to Wyo. Stat. Ann. § 1-39-104(a). Each of the Released Parties and B.O.W. specifically retain all immunities and defenses available to them as sovereign or governmental entities pursuant to Wyo. Stat. Ann. §§ 1-39-101, et seq. and all other applicable law. Designations of venue, choice of law, enforcement actions and similar provisions shall not be construed as a waiver of immunity. The parties agree that any ambiguity in this Agreement shall not be strictly construed, either against or for either party, except that any ambiguity as to immunity shall be construed in favor of sovereign and governmental immunity.

I have read and understand this Agreement and hereby freely and voluntarily waive and relinquish any and all claims for personal injury, illness, death, or any damage or loss of property, or any other harm or expense of any kind arising out of my participation in, or associated with, or any involvement with or activity related to B.O.W.

Printed Name

Signature

Date

Emergency Contact Information

Emergency Contact: _____

Phone : () _____

Relationship: _____

Medical History Questionnaire

The following information will only be used in case of an emergency and will remain confidential.

Please list:

Current medications_____

Allergies_____

Dietary needs_____

Other medical conditions_____

Is asthma
a concern? ☐ Yes

☐ No

This medical history questionnaire is correct and complete to the best of my knowledge.

Signature_____ Date_____

